

AB

lactose	6.4%
titanium dioxide	0.8%
ethyl alcohol	17.3%
purified water	64%--

IN THE CLAIMS

Kindly cancel claims 1-15 and add the following claims:

Alc

--16. (new) A controlled release nutritional food supplement tablet which comprises:

- (a) a slow release nucleus comprising melatonin and hydroxypropylmethylcellulose;
- (b) a fast release cortex coating on said nucleus which comprises melatonin and hydroxypropylmethylcellulose.--

--17. (new) The nutritional food supplement tablet as defined in claim 16 which comprises:

- (a) a slow release nucleus comprising from 1 to 3 mg of melatonin and hydroxypropylmethylcellulose;
- (b) a fast release cortex coating on said nucleus which comprises 0.5-1.5mg of melatonin and hydroxypropylmethylcellulose.--

--18. (new) The nutritional food supplement tablet as defined in claim 16 which consists essentially of:

- (a) a slow release nucleus consisting essentially of melatonin and hydroxypropylmethylcellulose;
- (b) a fast release cortex coating on said nucleus which consist essentially of melatonin and hydroxypropyl methylcellulose.--

--19. (new) The nutritional food supplement tablet as defined in claim 16 which comprises:

- (a) a slow release nucleus comprises melatonin and hydroxypropylmethylcellulose wherein 95% of the melatonin is released within 5 hours in an oscillating tray containing

intestinal juice;

(b) a fast release cortex coating on said nucleus which comprises melatonin and hydroxypropyl methylcellulose wherein 95% of the melatonin is released within 10 minutes in an oscillating tray containing gastric juice.--

--20. (new) The nutritional food supplement tablet as defined in claim 16 which consists essentially of:

(a) a slow release nucleus consisting essentially of 1-3 mg of melatonin with hydroxypropylmethylcellulose;

(b) a fast release cortex coating on said nucleus which consists essentially of 0.5-1.5 mg of melatonin with hydroxypropyl methylcellulose.--

--21. (new) The nutritional food supplement tablet as defined in claim 16 which comprises:

(a) a slow release nucleus comprising melatonin and hydroxypropylmethylcellulose;

(b) a fast release cortex coating on said nucleus comprising melatonin and hydroxypropyl methylcellulose wherein said tablet provides a maximum plasma level of 1,000 to 2,000 pg/ml of melatonin upon in vivo administration.--

--22. (new) A controlled release nutritional food supplement tablet which comprises:

(a) a slow release nucleus comprising melatonin and hydroxypropylmethylcellulose which releases the melatonin over a 5 to 7 hour period in vivo;

(b) a fast release cortex coating on said nucleus comprising melatonin which releases the melatonin in 5-10 minutes in vivo.--

--23. (new) A method of inducing and maintaining sleep which comprises the administration of the formulation of claim 16 to one who suffers from a sleep disorder.--

--24. (new) A method of inducing and maintaining sleep which